EAGLE MOUNTAIN ISD CHEER CONSTITUTION
2026-27

ARTICLE I
PURPOSE

The purpose of cheerleaders in the Eagle Mountain-Saginaw Independent School District is to create and promote school spirit by encouraging the student body and high school community through support and promotion of athletic events and activities as deemed appropriate by the campus administration and cheer coach(s). Cheerleaders are expected to be positive role models, serving as supportive high school ambassadors at school, in the district, and community.

ARTICLE II
TRYOUT ELIGIBILITY REQUIREMENTS

Section 1 **Discrimination**. Any EMS ISD student who meets the set qualifications will not be discriminated against because of race, color, religion, national origin, age, gender, disability, family status, or sexual orientation.

Section 2 **Participation Requirements**. Prospective candidates must meet all extracurricular participation criteria in academics, citizenship, and attendance during the current year.

Section 3 **Grade Level.** Prospective candidates for the cheer program shall be entering grades 9, 10, 11, or 12 and must meet all requirements outlined in this constitution and tryout packet to be eligible to tryout. Mascot(s) and managers are subject to the same rules and regulations as the cheerleaders, as they are considered part of the cheer program.

Section 4 **Cheer Season**. The cheer season runs from March to March. All candidates that make a team in the cheer program are expected to fully participate the entire cheer season. Failure to fully participate and attend all practices and events the entire cheer season may result in removal from the cheer program.

Section 5 **Tryout Meeting**. All candidates and at least one of their parents/guardians must attend a tryout orientation meeting. Parents must be fully aware of the time commitment and expense of cheerleading and willing to meet all financial obligations: including fundraisers.

Section 6 **Grades, Attendance, and Discipline**: Prospective candidates must meet the following requirements, which will be verified by administrator over cheer:

A. Grades: If a candidate has been academically ineligible for two or more grading periods on the report card, tryout eligibility will be determined pending results of an academic review. Weighted grades for advanced classes will be recognized per district policy. Any candidate allowed to audition under these circumstances will enter the cheer program with a signed probationary contract as determined by the coach and the administration.
B. Expulsion. Must have no JJAEP or DAEP school placement during the current school year.
C. ISS/OSS. Must have no more than 1 ISS or OSS placement. The coach's discretion will be used on In School Suspension due to tardies to class.
D. Course Credit. Must not have lost credit for any course due to absences from the previous semester. All credit must be restored by the first day of tryout week.
E. Attendance. Attendance must be cleared through the office of the administrator over cheer.

Section 7 **Residency and Enrollment**

A. A student must be enrolled in the EMS ISD school system to tryout.

B. A high school student, current 9th and above, may only tryout at the school for which they are enrolled and have submitted the corresponding tryout packet.
C. An incoming 9th grade student who is currently attending a middle school on an approved transfer shall select one high school campus in which to participate in their cheerleading tryouts. The student can either select his/her home zoned high school campus or a high school campus that is open for transfer request applications. A cheerleader, drill team member, or fine arts member who wants to participate in athletics must attend his/her home zone campus per Board Policy FDA and FDB (Local) and other applicable UIL and district regulations. https://www.emsisd.com/Page/193
D. A student may only participate at the school for which tried if selected.

Section 8 **Paperwork.** The constitution must be read and the contract signed by both parents/guardians and by the candidate and returned to the coach by given deadline. Extenuating circumstances will be determined by the campus administration if necessary.

Section 9 **Physical**. Any student involved in the activity of cheerleading must have a current physical on file with the campus trainer each year as part of the tryout packet. This includes tryouts, practices, competitions, and any cheer event that requires attendance.

ARTICLE III
TRYOUT PROCESS

Section 1 **Requirements**. Each candidate must fulfill all requirements before they may be considered for a team in the cheer program.

Section 2 **Tryouts**. Tryouts will be closed to the public. Only judges and administrators will be allowed to attend. Cheer coaches will not be in the tryout room during the tryouts.

Section 3 **Adjudication**:
A. The tryout week will be held every year the week prior to Spring Break.
B. Tryouts will be judged by experienced judges from outside the EMS ISD.
C. Each candidate will perform one cheer, one dance, jumps, standing tumbling, and running tumbling. Candidates will also be evaluated on performance.
D. The judges' scoring selection will be 100% of a candidate's overall tryout score.
E. A sample copy of the tryout scoring rubric will be provided prior to tryouts.
F. Minimum Score.
- Sub-varsity 40 points
- Varsity 50 points

Section 4 **Minimum Score**. Candidates for cheerleader must post a minimum score to be eligible for selection. Scores that exceed the minimum score will then be placed in rank order. Once the team reaches capacity the team will be formed. It could be possible that a candidate who reaches the minimum score is not selected due to the max number of cheerleaders being fulfilled. It is also possible that a team may not reach capacity if participants do not meet the minimum score and the number who do meet the criteria are fewer than the max allowed.

Section 5 **Score Review.** A candidate not selected for a team in the cheer program may elect to schedule a conference to discuss their tryout evaluation, following tryout results. An appointment must be made with the administrator over cheer within 5 school days following tryouts.

Section 6 **Injury**. In the event that a prospective cheerleader is injured or unable to perform a portion of the tryout, medical documentation must be submitted that indicates for which part of the tryout the candidate is limited for participation. A letter from a medical professional shall be dated within 3 weeks of the tryout. The following limited use of video may be used for a candidate meeting the previous criteria: video will be used from a previously team recorded practice from the campus. 8th grade students or a student who transfers without a campus provided video will be able to provide video taken from within the last 3 months from a non-spring floor. Video is limited to the areas of the tryout stated by medical documentation.

Section 7 **Current Members**. Members must tryout each year for a place on the team. Exception: 3-year members of the campus team will be automatically placed on the varsity team. Members who have resigned or been dismissed from the team for any reason during the year may tryout only upon permission from the coach and approval of the principal. At the coach's discretion, vacancies created after tryouts may be filled up to the time uniforms are ordered.

Section 8 **Reinstatement**. Once resignation or dismissal from the cheer team occurs, for reasons other than academic, reinstatement will not be allowed during the current school year. Future tryout eligibility will be established only at the discretion of the cheer coach and administration.

Section 9 **Teams**. The cheer program will consist of two teams: Varsity and Sub-varsity

A. Teams will have up to:
    1. 30 Sub-varsity Cheerleaders – freshmen, sophomores & juniors
    2. 30 Varsity Cheerleaders – sophomores, juniors & seniors.

B. Sub-varsity teams will cheer at Junior Varsity and Freshmen level sporting events and other events as deemed by the cheer coach.

Section 10 **Auditions for Captains.** There will be a captain for each team

A. Candidates will be scored based on their cheer tryout scores, the coach, and team members.
B. Candidates will be selected based on a rubric that includes the candidate's scores from tryouts, ability to create and teach cheers and/or dances, and performance on a panel interview. A scoring rubric will be provided prior to tryouts.
C. If necessary, a co-captain may be named.

Section 11 **Captains' Responsibilities.**

A. A captain is responsible for setting an example for other cheerleaders to follow. The captain should be positive, cooperative, helpful, and dedicated.
B. Some typical duties of a captain include:
    - Starts cheers and chants
    - Provides individual help in learning and perfecting cheers and routines
    - Serves as the team's representative at necessary functions
    - Acts as hostess/host at home games and helps visiting schools
    - Ensures routines are ready for performances.
    - Additional duties involving the team
C. Captains must be willing to spend extra practice time to organize activities, learn material, and perform additional duties.

Section 12 **Removal of Captain**. The coach may remove a captain from the position at any time if the responsibilities and duties of the position are not being fulfilled. A replacement captain will be determined by the coach.

Section 13 **Mascot Responsibilities**. Duties of the mascot(s) will include
A. Attend summer camp with the cheer team
B. Keep the mascot uniform in good condition
C. Interact positively with the crowd, especially small children

ARTICLE IV
TEAM MEMBER ACADEMIC REQUIREMENTS

Section 1 **Academic Eligibility.** Academic eligibility will be defined by the UIL eligibility calendar and district policy. The principal may waive grade probation if the failing class is identified as an advanced or advanced placement course, as per EMS ISD policy.

Section 2 **Regain Eligibility**. A student who regains eligibility at the end of a six-week or three-week period will regain eligibility according to the UIL academic calendar.

Section 3 **Academic Probation.** Academically ineligible students must continue to attend classes and all practices, must sit out of all performances, and may not sit with or ride with the team to appearances or performances. Students on probation are not allowed to wear the team uniform.

Section 4 **Academic Dismissal**. A cheerleader who becomes academically ineligible two times during the fall semester may be dismissed from the team.

ARTICLE V
TEAM MEMBER STANDARDS OF CONDUCT

Section 1 **Conduct Standard.** All cheerleaders will comply with the EMS ISD Student Code of Conduct. Because members are leaders in the school and should set a good example at all times, members are expected to uphold a high standard of behavior necessary for the integrity and reputation of the organization.

Section 2 **Misconduct**. Any member failing to abide by published school rules relating to the conduct, use of drugs, alcoholic beverages, or other illegal activities may result in immediate dismissal from the team and may serve additional disciplinary consequences at the campus level.

Section 3 **Uniform Selection.** Cheer team members will wear practice and performance uniforms as designated by the coach.

Section 4 **School Disciplinary Placements**.
A. Any member with a JJAEP or DAEP school placement during the current school year may result in an immediate removal from the cheer team.
B. Any member receiving an Out-of-School Suspension or In-School-Suspension placement may result in probation or removal from the cheer team. The coach's discretion will be used on In-School-Suspension due to tardies to class.

Section 5 **Drug Testing**. All cheerleaders will comply with the drug-testing program of EMS ISD and are subject to all rules and procedures associated with the program. Violation of the Student Code of Conduct related to smoking, drug use, and alcohol may result in immediate dismissal from the team.

ARTICLE VI
TEAM MEMBER ATTENDANCE AND PARTICIPATION REQUIREMENTS

Section 1 **Cheer Class**. All cheerleaders must register for and participate in the cheer team class for both semesters. Attendance at all cheer team activities and practices are mandatory unless otherwise decided by the cheer coach.

Section 2 **Participation**. Cheerleaders must participate in all activities, in which the cheer program is involved, pending eligibility status. If cheerleaders are involved in an organization or activity outside of the school cheer team, it is their responsibility to communicate their schedule to the cheer coach and the conflicting organization with no less than two weeks' notice.

Section 3 **Absences.**

A. Excused absences/tardies are limited to personal illness, school related activities, religious holidays, death in the family or funeral -–must have a phone call or email from the parents
B. Unexcused absences/tardies include work, vacation, any appointments interfering with practice, non-school related extracurricular activities.

Section 4 **Unexcused absences** from practice may result in the student being put on performance probation for the next cheer event. Students absent on the day of performance cuts will be allowed to tryout at a later time at the discretion of the coach.

Section 5 **School-Related Absences.** Any approved school-related absence will not be recorded as an absence.

Section 6 **Absence Procedure**. A parent/guardian must contact the coach prior to practice/performance if their student is going to be absent.

Section 7 **School Absence**. Students who are absent from school on a performance day for more than half a day are ineligible to perform.

ARTICLE VII
PRACTICES AND PERFORMANCES

Section 1 **Practices.** Practices will begin immediately following tryouts to prepare for camp. Every day practices may begin as early as the month of July up to the beginning of school. Additional practices per week (including weekends) may be needed during football season and competition season. The 8-hour UIL rule for practice will be followed. A practice schedule will be provided by the coach.

Section 2 **Practices When Benched.** If a cheerleader is removed from the performance due to tryouts, absences, illness, or injury, that member must continue to attend practices and team performances unless the illness or injury prohibits from doing so.

Section 3 **Expected Attendance.**

A. Summer camp
B. Football games
C. Pep Rallies
D. Cheerleading support for athletic teams (volleyball, basketball, baseball, etc.) determined by the coach

E. Playoff games (schedules determined by UIL)
F. Choreography
G. Competitions and competition practices (UIL and performance routines)
H. Cheer class
I. Special events and performances designated by the coach

Section 4 **Injuries.** Cheerleaders who suffer injuries or illness must consult a doctor or trainer within 24 hours. If an injury or illness hinders or limits a cheerleader's performance and/or practice capabilities, that cheerleader will be required to provide a doctor's note outlining the specific limitations. Injured cheerleaders are expected to attend all events and practices in accordance with their doctor's notes.

Section 5 **Concussions**. A cheerleader with a concussion must follow the EMS ISD concussion protocol until the cheerleader is cleared to participate under the standards set forth by the EMS ISD concussion protocol and state law.

ARTICLE VIII
BENCHING, PROBATION,
SUSPENSION, DISMISSAL, AND RESIGNATION

Section 1 **Benching.** Benching is the temporary removal from performing or participating at a game or performance, at the coach's discretion.

Section 2 **Probation.** Probation is a designated period of time in which the athlete may participate in limited organizational activities as determined by the cheer coaches. A probation contract may be written for the athlete who should be notified of his/her probationary regulations.

Section 3 **Suspension.** Suspension eliminates the cheerleader from participating at cheerleading functions and excludes participation in performances and special events; however, the cheerleader is required to participate in practice sessions during school hours only. If the suspended cheerleader attends a designated activity, he/she is not allowed to wear any part of the chosen team uniform to school or activities during the period of suspension.

Section 4 **Dismissal.** Dismissal involves the loss of membership from the cheerleading organization. Dismissal procedures involve a conference with the cheer coach, the administrator over cheer, and parent. Cheerleaders being dismissed will receive a letter of dismissal from the coach that is signed and dated with a parent/guardian signature. All school-issued equipment and uniforms must be returned, and all financial obligations must be cleared within one week of dismissal. The cheerleader will be held financially responsible for any balance due. No refunds will be made. Once a cheerleader has been dismissed, he/she loses all privileges of the cheer program.

Section 5 **Resignation.** Resignation shall be defined as a choice made by the cheerleader that he/she no longer desires participation in the cheer program. Resignation procedures involve a conference with the cheer coach, the administrator over cheer, and a letter of resignation from the resigning athlete that is signed and dated with the parent/guardian signature. All school-issued equipment and uniforms must be returned, and all financial obligations must be cleared at the time of resignation. The cheerleader will be held financially responsible for any balance due. No refunds will be made.

Section 6 **Dropping Cheer Class**. In the event dismissal or resignation occurs prior to the cheerleader fulfilling his/her team commitment, the student will be removed from the cheer class and placed in a PE class.

Section 7 **Reinstatement**. Once resignation or dismissal from the cheer program occurs, for reasons other than academic ineligibility, reinstatement will not be allowed during the current cheer year. Upon resignation or dismissal, the former member loses all privileges of a cheerleader and may not be a guest at cheerleading functions. Tryout eligibility for the following year will be established only at the discretion of the cheer coach and administration. Before the tryout, the terms of probation are to be agreed upon by the student, the parents, the cheer coach, and the administrator over cheer.

ARTICLE IX
THE MERIT AND DEMERIT SYSTEM

Section 1 Disciplinary action will be taken according to the following chart for demerits.

# Of Demerits	Disciplinary Action
5 demerits	Performance Probation
10 demerits	3 Week Probation
15 demerits	6-Week Probation
20 demerits	Dismissal

Section 2 **Demerits**. Demerits may be issued for violations that affect team responsibility, the uniformity of the team, or constitute a safety concern at the discretion of the coach. Demerits can be worked off per the coach's discretion. Below is a list of rule violations.

A. Demerit System

1. Lengthy or distracting fingernails	1
2. Late item returned (per item/per day)	1
3. Wearing jewelry during a practice or performance	1
4. Chewing gum during a practice or performance	1
5. Unexcused tardy to practice, performance, or function	1
6. Not calling or e-mailing prior to absence from practice or function	1
7. Incorrect uniform or missing pieces for a performance	3
8. Wearing uniform to non-team function	3
9. Unexcused absence from practice	3
10. Unexcused absence from performance or any required function	5
11. Leaving any team function without permission from the coach	10
12. Misuse of social media which violates standards of conduct	10
13. In-school suspension or Out-of-school suspension	10

Section 5 **Merits.** The merit reward system is setup to reward members for exceptional behavior, good deeds, and following the rules. The following is a list of activities (but not limited to) for which merits may be received. Merits may be used to work off demerits at the coach's discretion.

- Non required service to team/school (signed note from teacher)
- Straight A Honor Roll based on report card grade
- Participating in outside cheer or tumbling classes (monthly signed log)
- Tutoring another student (signed note from teacher)
- Service to community (signed documentation)
- Cheerleader of the Week

- Service in another school organization (one time only)
- Attending non-required school events (signed documentation/proof)
- Spirit Signs/Banners/Posters (full poster board)-with prior coach approval
- Acts of Random kindness observed by Coach\Faculty
- Team Community Service

ARTICLE X
COMMUNICATION

Section 1 **Coach Communication**. Coaches will provide cheerleaders and parents access to a regularly updated cheer calendar. In addition to weekly communication with parents via email, coaches will also utilize Remind 101or a district approved platform that complies with district policy.

Section 2 **Communication Guide.**

A. **Student to Coach concerns.** Cheerleaders should attempt to resolve questions and issues with their coach first.
   1. All cheerleaders are responsible for arranging a time to meet with their Coach if there are any questions or clarifications needed before their parent becomes involved.

B. **Parent to Coach concerns:** In the event the issue is not resolved, and a parent conference should become necessary:
   1. The parent, cheerleader, and Coach should meet to discuss the problem.
   2. The parent must notify their cheerleader's coach through email to request a conference and it will be scheduled at an appropriate time.

C. **Parent to Administration concerns.** In the event that a further conference should become necessary:
   1. The parent, cheerleader, coach, and the administrator over cheer should meet to resolve the problem.

ARTICLE XI
FUNDRAISING

Section 1 Each member will be given the opportunity to participate in general fundraising activities.

Section 2 Members will be required to turn in fundraising money on particular dates set by the coach.

ARTICLE XII
COMPETITION TEAM

Section 1 The competition team may be comprised of members of both the Varsity and Sub-Varsity team members.

Section 2 Standard skill requirements will be determined by the coach based on the skills required in the competition routine. A cheerleader unable to meet the standard skills set for the competition routine will not be placed on the competition team.

Section 3 Competitions attended will be at the discretion of the coach with the approval from the campus principal.

ARTICLE XIII
UNIFORMS AND SUPPLIES

Section 1 Certain parts of the cheer team uniform and equipment will be purchased by the member and will remain the property of the member. This financial obligation must be met to remain a member of the team.

Section 2 Certain parts of the uniform and the equipment will be provided by the school district. These will be issued to the member at the beginning of the season and returned to the school at the end of the season. The member will pay to replace any lost or damaged articles.

ARTICLE XIV
TRIPS

Section 1 Members must ride the bus to and from all out-of-town games, competitions or other events. Only parental permission in written form will release the cheerleader to ride home with that parent.

ARTICLE XV
CHANGES TO THE CONSTITUTION

Section 1 The constitution is subject to change at any time, due to policy changes by the Texas Education Agency and the EMS ISD School Board.

Section 2 Revision of the constitution after annual review shall follow the steps outlined in the Administrative Guidelines for Student Organization Constitutions. The constitution is reviewed each year prior to tryouts and goes into effect upon tryouts for the upcoming year.

ARTICLE XVI
COACH SELECTION

Section 1 The high school principal assigns coaches for each cheer team on a yearly basis.

EMS ISD
CHEERLEADER CONSTITUTION
CONTRACT

I have read and fully understood the rules and regulations presented in the EMS ISD Cheerleading Constitution.

I understand that these rules are necessary to ensure that the cheerleading team will be run in an organized and fair manner and that the performances and appearances will always be of the highest quality.

I understand that I will serve as cheerleader from the time of election until tryouts of the next school year.

I understand that there are fees associated with cheerleading and agree to fulfill payment of such fees.

I hereby agree to abide by the rules of this constitution as long as I am associated with the EMS ISD Cheerleading Program.

Cheerleader Signature

_____ Date_____

Parent/ Guardian 1 Signature

_____ Date_____

Parent/ Guardian 2 Signature

_____ Date_____